



A big thank you to everyone who participated or made a donation to Dry July this year. GWS Giants players Jack Steele and Andrew Phillips (above left) attended one of our Dry July BBQ's at Liverpool to help boost donations. At Liverpool, \$43,031.18 has been raised to go towards the Liverpool Cancer Therapy Centre.

Macarthur also hosted a number of Dry July fundraising events, including BBQ's, a lamington sale and a Devonshire Tea. They raised a total of \$45,747.85.

## This month...

### NEW MEDITATION COURSE STARTS IN CAMDEN



Meditation is a discipline to train the mind to pay attention inwardly and focus on a single object. This object can be the breath, a mental image (visualisation), the rising and falling of the abdomen as we breathe a feeling, or an outer object such as a candle.

A regular meditation practice has numerous health and well-being benefits, such as reducing stress and anxiety, lowering blood pressure, decreasing muscle tension and improving memory and concentration levels.

Classes are held on a Thursday at Camden Hospital. **Call Melissa on 8738 9816 to book.**

### PAMPERING – Manicure & Hand Care

We all need some pampering so remember to book your free manicure and hand massage on a Tuesday morning.

A classic manicure that pays attention to softening your cuticles, shaping and buffing your nails and selecting a great colour can brighten and lift your mood.



## Is gardening your passion?

Creating our green garden oasis is moving forward at the Liverpool Wellness Centre. We are starting with expanding our pot garden on the terrace at the wellness centre. If you're a keen gardener why not get involved. Morning or afternoon tea provided.

**Our Gardening Working Bee dates are as follows:**

**12 August 2015 1:00 - 2:30pm**

### **Plants and cuttings swap.**

A chance to swap and find what you may be looking for- for free

**9 September 2015 10:00 – 11:30am**

### **Growing plants from seed**

- Seed saving ideas

**23 September 2015**

Making your own natural pest control sprays and general working bee

**7 October 2015 10:30am – 12:30pm**

### **Learn all about herbs; growing, drying and making your own herbal tea.**

*Speaker: Phil Pettitt from the Sydney Royal Botanical Gardens*

**14 October 2015 10:30am – 12:30pm**

### **How to take cuttings and propagation techniques**

*Speaker: Phil Pettitt from the Sydney Royal Botanical Gardens*

**Please RSVP so we can cater adequately.  
Phone Melissa on 8738 9816**

## Have unwanted garden items?

If you have unwanted items that you would like to donate please let us know e.g. unwanted pots, garden tools, compost, excess plants etc.

**Phone Jan on 8738 9808**



## Massage therapy

The Liverpool massage clinic has proved to be a popular choice. Participants told us:

*"I hope I can get more treatment as I found it helped my body to be more relaxed with less pain"*

*"The massage I had made me feel more than comfortable I felt I was in very magic and professional hands. Thank you so much"*

We are continuing to offer this 30 minute treatment opportunity at \$10.00 a session. Bookings are essential. If you are unable to make your appointment please let us know ahead of time so that someone else can take this opportunity.

**Phone Jan on 0476 821 659 or Melissa on 8738 9816 for an appointment**

At Campbelltown the massage voucher system continues to operate. Just ask reception at the Macarthur Cancer Therapy for your **free voucher**.



## Losing your hair and needing some styling advice?

Don't forget our lovely wig ladies offer a private session where you can try out hats, turbans and wigs from the library.

Sessions are held on Tuesday morning at Campbelltown and Tuesday afternoon at Liverpool. Phone Melissa on 8738 9816 to book for the next available session



Why not also book yourself into the up and coming workshops running across SW Sydney.

### **Campbelltown RSL Club:**

31<sup>st</sup> August, 10.00am–12.30pm

12<sup>th</sup> October, 10.00am–12.30pm

### **Liverpool Hospital:**

28<sup>th</sup> September, 10.00am-12.30pm

### **Southern Highlands Oncology Centre, Bowral**

September 14th, 10.00am-12.30pm

Ask staff for a booking form.

## Carers need our pampering too

During Carers Week we will be holding a Picnic on the Terrace event for Carers to recognise the important support work they do. Phone Melissa on 8738 9816 to book for this event on the 14th October

## Exercise options

We all know exercise is good for us but sometimes it's hard to get started. If you're still a bit fatigued you could start with our wellness walkers group on a Friday morning at Liverpool.



If you need to focus more on your core muscles improve your posture and improve your general coordination why not consider Yoga. It's available on Tuesday afternoon at Campbelltown and Monday

afternoon at Liverpool. Phone Melissa on 8738 9816 to book

## Want to try Qigong or Tai Chi?



Sessions are planned to start in October. They will be on Tuesday morning at Campbelltown, Tuesday afternoon at Camden and on Thursday afternoon at Liverpool  
Phone Jan on 0476 821 659 or Melissa on 8738 9816

to register your interest now

# Ywcaencore

**YWCA Encore** is a free 8-week program for women who have experienced mastectomy, lumpectomy or breast reconstruction surgery for breast cancer at any time in their lives. This program uses pool and gym exercises, and is safe, fun and therapeutic. Up and coming sessions are:

Campbelltown	Tues	4pm - 6pm	13-Oct	1-Dec
Mittagong	Wed	1pm-3pm	14-Oct	2-Dec
Liverpool	Mon	TBA	12-Oct	30-Nov

Encore can help you strengthen and tone your arms, shoulders and chest, regain mobility, and improve your general fitness.

Please book ahead as places fill up quickly. Call **1800 305 150** to book

## Need more tailored advice?

Exercise physiology may be your answer. They can tailor a set of exercises and the number of repetitions you need to do to improve your fitness, core strength and rehabilitate any areas of muscle weakness.

At Campbelltown there is a free exercise physiology voucher system. Just ask reception at the Macarthur cancer therapy for your free voucher and try it out

## RELAXATION GROUP - Campbelltown

At Campbelltown the Friday morning relaxation group is continuing to meet in the Complimentary Therapy Room in the Macarthur Cancer Therapy Centre. It's a great chance to calm your nervous system and learn techniques to focus on the inside. To book or find out more, contact **Kate on 4634 4364**.



The Liverpool relaxation group program is on at 10 am on Tuesday mornings. You can learn about the brain's & body's responses to stress and relaxation exercises. Finding new ways to manage stress are practised each week using breathing techniques, strategies to challenge negative self-talk, building up good sleep habits and Mandala colouring relaxation. As well we also look at the role of a good diet and exercise in managing stress.

Book with **Melissa on 8738 9816**

## Want to find the artist in you?



Cancer patients and their families have a great opportunity to explore their creative side with Laurel a local art teacher.

She will teach you how to mix colours, techniques for putting a landscape together and have fun as you gain the skills needed to find your creative talent.

No prior experience required you just need to book for three sessions on 2nd & 30th Sept and 28<sup>th</sup> October at Liverpool from 12- 2pm.

To enrol contact Melissa on 87389816

### *Need more help after treatment?*

**Bounce forward** is a group programme based on the latest science facilitated by Dr Louella Crawford a local Southern Highlands GP

After treatment there may be challenges, adjustments and the need to recuperate and live with some uncertainty. Re-discovering our inner strengths can increase our well-being and help us live well every day.

This six week program is practical, informative, engaging and transformative.

To find out more or to book  
**Phone Melissa on 8738 9816**

### *Healthy eating gets a multi-cultural twist*

Interested in healthy cooking ideas from other cultures that are quick to make?

Then consider joining the Liverpool Hospital Cancer Services Wellness Centre to learn how to cook Asian, Indonesian and Indian food for your family and friends. Join our friendly cooking group to learn how to

prepare easy to make nutritious meals. The group meets fortnightly on Wednesdays from 11:30 – 1:00. For information and to enrol contact Melissa on 87389816

Here's a great recipe for you to try out at home

## **Charred capsicum and zucchini with whipped goat's cheese**



A Curtis stone recipe from Coles

### **Ingredients**

- 8 small capsicums, (red & yellow) quartered, seeded
- 4 medium zucchini, halved lengthways
- 5 tablespoons extra-virgin olive oil
- 2 teaspoons fine sea salt
- 16 thin slices of ciabatta
- 200g soft fresh goat's cheese
- 1 cup thickened cream
- 2 tablespoons fresh lemon juice
- 1 tablespoon finely chopped shallot
- 2 tablespoons fresh basil leaves, torn or whole small

### **Method**

1. Preheat the barbecue for high heat. Coat the capsicums and zucchini with 1 tablespoon of the oil and the salt. Barbecue the capsicums and zucchini, turning them over as needed to cook

evenly, for about 10 minutes, or until the capsicums are blistered and charred and the zucchini is slightly charred and just tender.

2. Brush the bread with 2 tablespoons of the oil. Grill the bread for about 2 minutes per side, or until slightly charred and toasted.
3. Meanwhile, in a food processor, blend the goat's cheese and cream until smooth. Season to taste with salt and pepper. Spread the goat's cream over a platter.
4. Cut the zucchini crosswise and on a slight diagonal into 2cm wide pieces. Arrange the capsicums and zucchini over the goat's cream.
5. In a small bowl, whisk the lemon juice, shallot, and remaining 2 tablespoons oil to blend. Season with salt and pepper. Drizzle the sauce over the peppers and zucchini. Sprinkle with basil leaves and serve with the grilled bread.

### *Need to sort out your financial and legal situation?*

**In partnership with the NSW Cancer Council** a financial counsellor is available through a booked appointment system at Liverpool. This saves you travelling in to the city.

They can help you with Budgeting, CentreLink matters, restructuring your finances and financial planning for the future.

**To book, contact Alka on 9334 1464**

### **Other Wellness Activities**

If you have ideas for other activities that you feel would be beneficial to run please let us know about your idea.

**Phone Jan on 0476 821 659**

### *Interested in helping out as a volunteer?*

Volunteers can be involved in a wide range of activities including:

- Greeting and guiding patients to the various places they have to visit
- Offering patients drinks and snacks
- Event support and fund raising (e.g. campaigns, selling raffle tickets, raising money for new buildings)
- Providing companionship
- Offering specific skills you may have e.g. Diversional skills eg art, craft skills, music therapy , gardening etc

**Phone Jan on 0476 821 659 for more information or email**

**[jan.heslep@sswahs.nsw.gov.au](mailto:jan.heslep@sswahs.nsw.gov.au) for a volunteer application package**